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cousin is the treasurer. In talking with her I said I thought that nurses needed very much some such provision. I see no reason why some philanthropist might not be persuaded to see that this would be of the greatest benefit to a class of professional people who serve the public at a risk to their health and lives, and who should have some proper provision made for their welfare, for while nurses are supposed to receive large remuneration for their services, the weeks of enforced idleness in the course of a year soon dispose of much of their earnings, and the nurse who at the end of ten years has saved two thousand dollars must have been remarkably successful, and two thousand dollars will not allow one to live many years in comfort. Let us interest such people as the builders of dormitories in colleges, and men interested in public work, who might be persuaded to build an apartment house for nurses subject to proper rules and regulations, the apartments to be rented at the same low rate as prevails at the Charlesbank Home, thereby providing suitable homes for a class of public workers whose services are of the greatest importance and value.

PRACTICAL NURSING IN TUBERCULOSIS

By JENNIE M. FONTAINE, R.N.

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REST

THE rest cure was introduced by Dettweiler many years ago. The importance of it, however, was not universally understood until about ten years ago. The good results which are obtained by the rest cure in the open air are indeed wonderful. The very first question that presents itself with all tubercular cases is that of rest. The rest treatment is usually prescribed for every tubercular patient who has fever, and in whom are observed clinical symptoms of tubercular activity. One of the greatest advances in the treatment of febrile pulmonary tuberculosis was the adoption of the absolute rest treatment. The extreme importance of rest in other parts of the body, *e.g.*, the joints, is understood, the same principle must hold good for the lung. We would "splint" it if we could, thereby securing absolute rest of the diseased organ.

By the rest treatment you limit, to some degree, the circulation through the diseased area, and thus reduce as far as possible harmful auto-inoculation. There is diminution in the amount of expectoration and consequently a lessened risk of infection of the larynx and intestinal canal. Persistent temperatures fall to normal, all signs of toxemia vanish, the cough is lessened, and night sweats disappear. Place a patient

in bed during an acute exacerbation of the tuberculous process and carry out only the absolute rest treatment with dietetic and hygienic treatment, and what follows: all the symptoms very soon respond to treatment and you have reached the quiescent stage.

There are only two satisfactory ways to rest, one is in bed, and one is in the reclining chair. All patients upon being admitted to a sanatorium should have absolute rest in bed while the case is observed carefully by the doctor and nurse, as symptoms are always increased or exaggerated upon entrance, owing to the final decision in diagnosis, the over-exertion of getting ready, the anxiety, and the final separation from home and friends, which is always so hard.

Rest in bed can be made ideal and one can be made very happy and comfortable even during the winter months in our New England climate, with proper protection,—that is, protection from the wind, and direct draughts,—and by proper clothing, which means a suit of underwear, three-fourths wool, medium weight, a flannel night-robe, or, better still, pajamas, and bed-socks made of eiderdown, or the knitted socks. In summer, lighter weight clothing may be worn, but it should be part wool. The coverings of the bed should be wool blankets, not too many, as they only increase the weight. A heated soapstone or a hot-water heater at the feet completes an ideal picture of comfort. A cap on the head can be worn and is to be preferred if the patient has a small amount of hair, or if the head is in an open window.

The length of time for which it may be necessary to confine patients to bed depends on the case, the extent of the involvement, the stage of the disease, the character, and upon the vitality or recuperative powers of the patient, and finally upon the patient himself, that is, his readiness to adapt himself to sanatorium régime, and his mental attitude while doing it. The sanatorium régime is very important, but it must be supplemented by certain qualities within himself, such as good cheer, happiness, good will, co-operation, and optimism. This is where the nurse in this special work can do so much, as she must endeavor to instil all these things into her patient if he does not already possess them. It is necessary that he possess all these things before he will show any marked improvement. Watch your unhappy, grouchy patients. Can you see any improvement? No, and you won't.

Reading, writing, and talking, are light exercises, and should be regulated by the physician or nurse. The sanatorium régime, and the detail supervision that is done by the nurse, aid wonderfully in effecting a cure, not one day, but every day, this same detail work on the part of the nurse and the patient's co-operation tend to bring about cure or improve-

ment. There should be complete partnership between patient and nurse.

Long exposure to the sun, with the head protected, is to be advised for all while taking the rest treatment, whether in bed or in the reclining chair, except during the summer months. Patients are warned never to let the sun shine directly on their heads, as congestions and headache and more severe symptoms follow if these precautions are neglected. All are susceptible to congestions, and the nurse can do much to prevent congestion of the lungs by having the patient change his position every three or four hours when resting in bed or in the chair. It is not advisable to sit or lie in the same position for a very long time as it tends to heat one part and cause it to become more sensitive to temperature changes.

The class of patients confined to the reclining chair are those whose symptoms have been much decreased by rest in bed. The temperature, perhaps, is 100° or less, never more, the strength has been increased and all symptoms are under control. The main point to be attained is an almost complete relaxation, in order to economize and store up strength. When in their chairs patients should always be wrapped in a steamer rug or, better still, a horseblanket, which is longer and heavier, and in the severe weather a heater at the feet is indispensable.

The daily life should be purposeful and filled with little duties. The patient may lie on his cot or chair all day, yet he is not idle. On the contrary he is very busy getting well.

The patient should not endure the slightest fatigue or over-exertion, either mental or physical, as it favors the advance of tuberculosis by diminishing the resistance of the body. It is only by carefully studying your patient and watching his daily life that these minor but important details can be taken care of and only the nurses that have been trained especially in this branch can do it, as they have learned the significance of these minute symptoms, such as a slight rise in pulse, a rise in temperature, sometimes only a flush, and again increased nervousness, irritability, and slight fatigue, which are a warning to the nurse who understands tuberculosis. Encourage rest and make each one realize the seriousness and importance of a prolonged course of such treatment. Sometimes the idea of being in bed has a depressing effect on low-spirited patients. If the situation is properly explained and the nurse is master of her subject she can convince and educate patients on this point so that she will not have any further trouble. I know by personal experience that one can master the most irritable and "almost-impossible-to-please" patient by education. I know of no disease where education plays such an important part. All sanatoria should be schools for the tubercular. All patients should understand the principles and the object of treatment

in order that they may appreciate the importance of the measures and may co-operate enthusiastically in carrying them out. This is more than half the battle.

Rest of mind must go hand in hand with that of the body. There must be relaxation of the mind as well as of the body. Patients must be free from care, worry, and excitement. The main point is that we wish to economize and store up energy by this long continued rest, thereby increasing the power of resistance, and allowing all the energies of the body to be concentrated for one purpose: the overcoming of the disease.

As soon as strength permits, I consider it the moral duty of the physician or nurse to find some suitable occupation for his patient. Many are too lax on this one subject. I would suggest light reading, writing, raffia work, leather work, knitting, crocheting, embroidery, and light woodwork. I think the work should be prescribed the same as drugs, exercise, etc., as it not only tends to benefit him physically but morally, for that which had seemed like the ending of all things, when rest was first prescribed, is an entrance to a life of usefulness.

A VACATION AMONG THE BEES

By HARRIET HARTWELL, R.N.

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It may seem strange for a nurse to go to an agricultural college to spend a vacation, but let me tell you about it, and then, I hope, next year some other nurses will try it and find the same pleasure. I have always maintained it was a good idea to have hobbies. You have seen people in all walks of life who allowed themselves to get into a rut,—don't do it! If you don't look out, you will get there unawares.

I found myself, as all nurses do, getting tired, so tired that it seemed to me I could not bear to see another sick person, to say nothing of taking care of one. When I said I was going to take a short course in bee-keeping, all my friends laughed at me. I am not sure but they are doing it still. Nevertheless, I sent in my application and was enrolled, and a pleasanter vacation I never spent.

Bees have been badly slandered. They are not the vicious creatures so many people seem to think they are, they are not understood. Study them, and see how interesting they are!

Few of us spend time enough in the open. This course kept me out the greater part of the time, and very enjoyable were the excursions taken for different purposes,—the walk over the fields, seeing how honey crops are